

Задания для экзамена

Группа ЗПХ-0119

1. Письменный перевод текста по направлению подготовки объемом 1500 п.зн. со словарём с английского языка на русский.
2. Беседа по одной из профессиональных тем, рассматриваемых в течение учебного процесса

Темы для обсуждения

Introduction to Psychology
The Sense Organs
The Human Brain and its Functions
Memory
Stress
Perception

Образцы текстов для перевода на экзамене

Text 1 Handling Stress

It is Friday evening and two young lawyers get phone calls at home. The trial date for an important case has been moved up. Both of the lawyers will now have to prepare a report for the case by Monday morning. It is a threatening situation for both. Each must do extensive research and write a complex document of some forty pages all in a single weekend. Furthermore, each knows that her work will be evaluated by the firm's partners, and how well she does may greatly influence her future in the firm. One of the lawyers finds the situation extremely stressful; she feels tremendous anxiety, experiences headaches and stomach upsets, and has difficulty working. She somehow manages to produce a report, but she is not at all happy with it. The other lawyer, although she too feels the pressure of the situation, sees it not so much as a threat but as a challenge — an opportunity to show how good she is. She moves into the firm's offices for the weekend and, sleeping only three hours a night, completes a brilliant report with a clear mind and a surge of energy.

- As this example helps illustrate, stress is caused not so much by events themselves as by the ways in which people perceive and react to events.

Although you can't always control the things that are stressing you out, you can control how you react to them. The way you feel about things results from the way you think about things. If you change how you think, you can change the way you feel. Try some of these tips to cope with your stress.

Make a list of the things that are causing you stress.

Take control of what you can.

Give yourself a break.

Find someone to talk to.

Text 2 Colours

Over the centuries and throughout the world, colors have been given special significance and magical properties. Every colour in the visible spectrum has a superstition associated with it. The great abstract artists of the past century studied the symbolism and psychological effect of colors. And recently scientists have begun to discover that colors can deeply affect our lives. Here are some of the meanings that are attributed to basic colors.

Seeing red can quite literally make you “see red.” It can also make you eat faster. Color influences the mind in mysterious ways, and those who wish to influence you — to make you buy their products, or work harder — often do so with color. But you can make this process work to your advantage. Go through the spectrum; then use our color test to show you the finer shades of your personality and your temperament.

The marketing world is full of folklore about consumer reactions to color: how, for example, too much green on a confectionery wrapper is a recipe for disaster. For years the food industry insisted that without its handy “azo-” dyes the public would find processed produce unappetizing. Yet color preference can often sound like a mix of fad and cultural custom, especially when the French will eat grey tinned peas and beans, while the British will not, and we prefer green apples to the Americans’ glossy red. However, there is more to color than meets the eye.

This, at least, is the view of light researcher John Ott, who has discovered that color may directly affect our nervous systems.

The idea that color can affect the nervous system in some way seems strengthened by the fact that experiments have recorded raised blood pressure in red surroundings and lowered¹ blood pressure in blue surroundings.

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